

Empowering Your Life: Tools for Healthy Living

Community Workshop Registration Form

Saturday, October 24, 2009 - 8:00 a.m. - 2:30 p.m.

Please complete registration form and return it in the enclosed self-addressed, stamped envelope.

Name: _____ Employer: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Registration Fees

Received by 10/2/09 **\$12.00**

Call for availability after 10/9/09 **\$20.00**

NO REFUNDS WILL BE AVAILABLE.

Please make checks payable to:

Eastern Idaho Public Health District

You will have the opportunity to attend one class during each breakout session.

Seating for classes is limited.

You must rank your class choices from 1 to 4 with 1 being your first choice and 4 being your fourth or last choice.

We cannot guarantee you will receive your first choice. You will receive your personal class schedule when you arrive at the workshop.

Door prizes!

Great speakers!

Lunch and snacks provided!

Breakout Session 1 (9:00 a.m. - 10:00 a.m.)

1= 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

_____ Understanding Type 2 Diabetes (Part 1 of 2)

_____ Healthy Eating for Busy People

_____ Overcoming the Obstacles of Depression

_____ Family Fit n' Fun

Breakout Session 2 (10:15 a.m. - 11:15 a.m.)

1= 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

_____ Understanding Type 2 Diabetes (Part 2 of 2)

_____ Healthy Eating for Busy People (repeat)

_____ Women's Health/Cancer

_____ Going Green in Your Kitchen

Breakout Session 3 (11:30 a.m. - 12:30 p.m.)

1= 1st choice, 2 = 2nd choice, 3 = 3rd choice, 4 = 4th choice

_____ Stress Management

_____ Allergies and Asthma

_____ Diabetes and Delicious

_____ Hot Topics in Health (Nutrition and Flu)

Additional information about the conference can be found at
<http://www.idaho.gov/phd7> or call Mimi Morgan at 533-3151.

Eastern Idaho Public Health District - 1250 Hollipark Drive, Idaho Falls, ID 83401